

SHE THAT WEEPETH



When the tears flow freely

BY DR. OMOBOLA JEFFREYS

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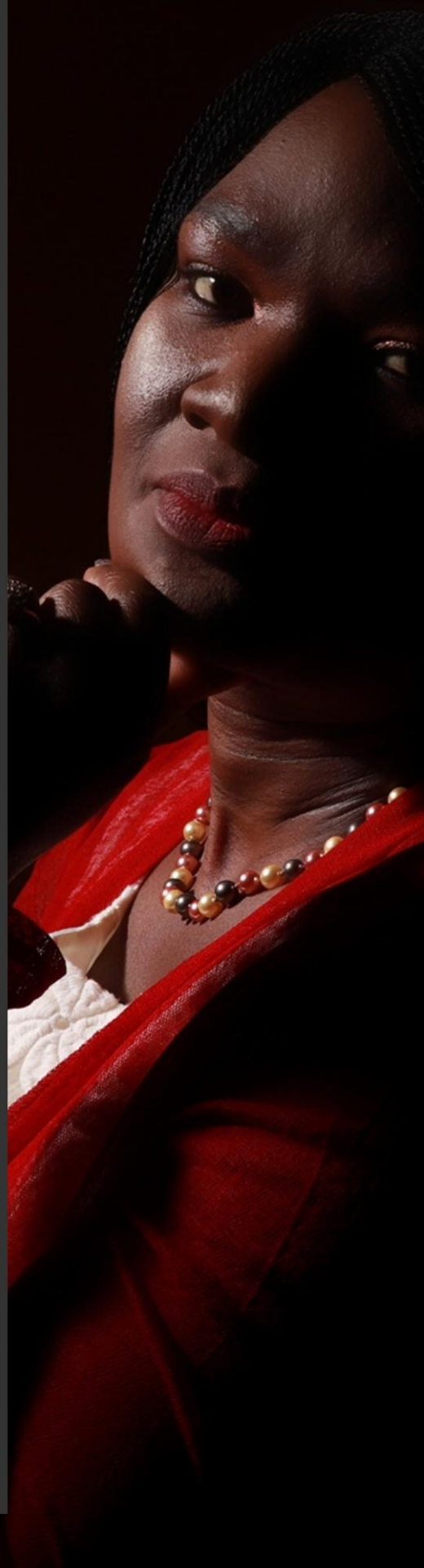
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♥ WHY WOMEN CRY ♥

It is good to cry.

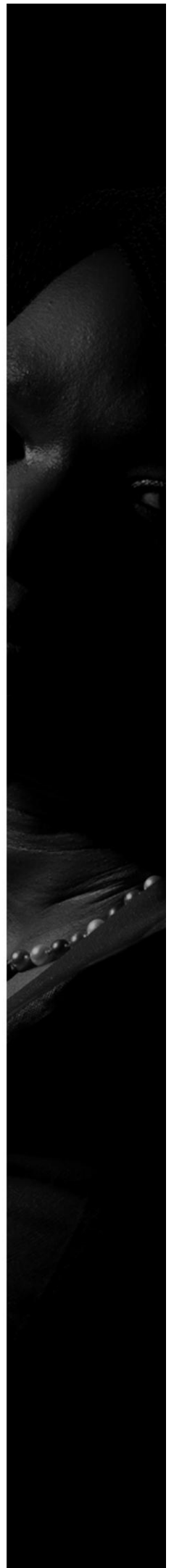
Many women cry. We cry because that is what one does when she is upset, when she does not know what to do.

We cry because it is easier to cry than to do anything else at that moment.

Now that you have read that, you should be feeling a bit normal.

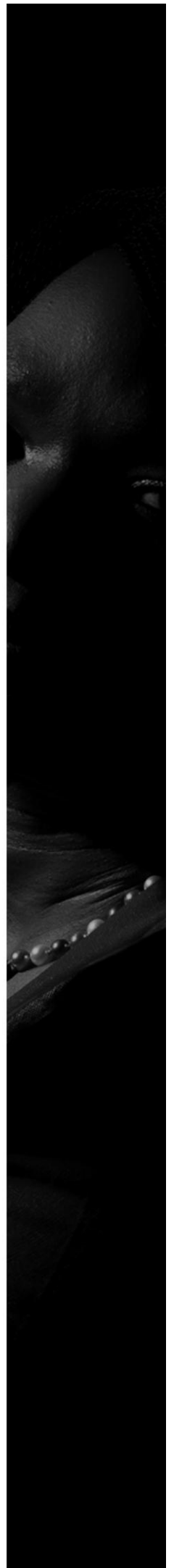
Having been forced or taught to believe that we are unbreakable, we always don our saviour hat and just glide along in life, until something stops us in our track. Suddenly, our tears remind us that we are human.

Since you are reading this, I would like to believe that you have had a cause to cry recently. Welcome to the world of normal 📧📧



♥ WHY WOMEN CRY ♥

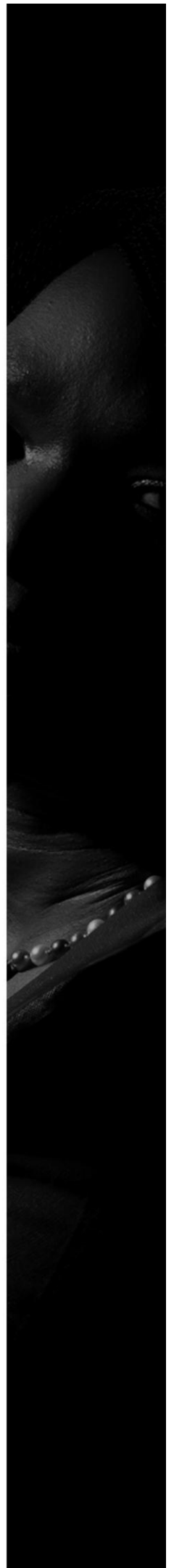
- IT'S A HUMAN EXPRESSION
- DASHED HOPES
- CONFUSION
- FEAR OF THE FUTURE
- FALSELY ACCUSED
- TAKEN ADVANTAGE OF
- REJECTION
- LOSS
- WORRY
- SELF PITY
- ROBBED



♥ WHY SHE CRIED ♥

LUKE 7:11-17 MSG

Not long after that, Jesus went to the village Nain. His disciples were with him, along with quite a large crowd. As they approached the village gate, they met a funeral procession—a woman's only son was being carried out for burial. And the mother was a widow. When Jesus saw her, his heart broke. He said to her, "Don't cry." Then he went over and touched the coffin. The pallbearers stopped. He said, "Young man, I tell you: Get up." The dead son sat up and began talking. Jesus presented him to his mother. They all realized they were in a place of holy mystery, that God was at work among them. They were quietly worshipful—and then noisily grateful, calling out among themselves, "God is back, looking to the needs of his people!" The news of Jesus spread all through the country.



♥ WHY SHE CRIED ♥

The facts about her cry...

●THE ONLY HOPE FOR HER FUTURE, her only son was about to be buried. She had just lost her only living child. If she had another child, she would at least comforted herself that she still had a respite from the pains. Many women have found themselves in this situation. All that they have laboured for has been taken away. They are left with no hope for the future. And the painful thing is that they may not even able to fight back.

Have you found yourself in this situation?

If Yes, you do have every reason to cry, please do not hold back. To let out the tears is part of grieving. Life has dealt you a huge blow. So, go ahead and shed a tear. You are human after all.

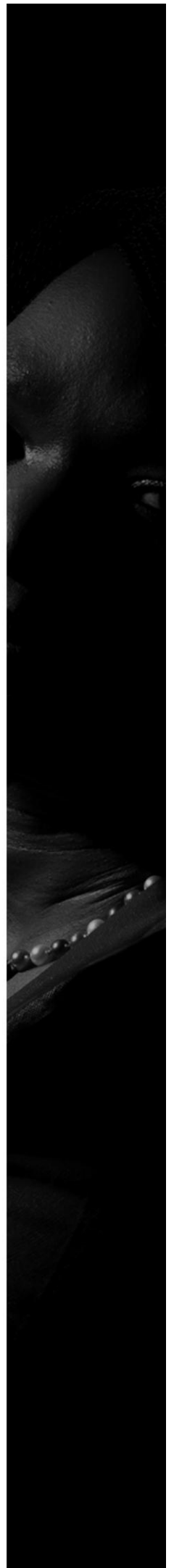


♥ WHY SHE CRIED ♥

● SHE WAS A WIDOW, assuming she still had a husband, there was a hope of having another child. All hope gone. The probability of her being redeemed by a kin may be remote.

Many times, we find it easier to cope with life's challenges, , because we have a fall back plan. However, when your fallback plan is what has just caved in, life looks hopeless.

● WOMAN, at that time in history, women needed someone, usually a man to push for her case, now, she had no one. Imagine her situation. When the men of the city present themselves to represent their families, she had no one to speak for her. No advocate. No defense. No representative. Just her, by herself.

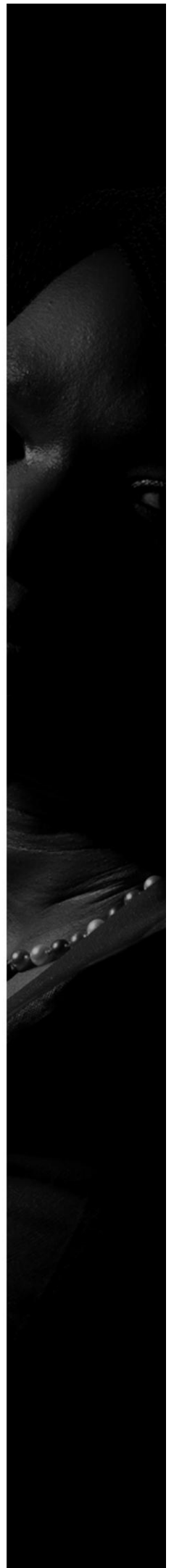


♥ WHY SHE CRIED ♥

● REPEATEDLY HURT, she has now suffered two major losses. She was vulnerable and dejected. WOMAN. It is still okay when calamity has hit once. When it happens again, even you become a suspect.

Most people will be willing to help you when you are bereaved for the first time. Some people will be willing to support you the second time around. By the time you suffer loss the third time, people are likely to be missing your call deliberately. You become a heatsink.....A term for someone who drains virtue when they talk to you.

● IT APPEARED THAT THINGS WERE TOO LATE. When we feel that the situation is redeemable, we are hopeful. When he was ill, when he was gasping....there was still hope...but as he was ready for burial, it appeared that it was now beyond repair



♥ WHAT JESUS DID ♥

When Jesus saw her....

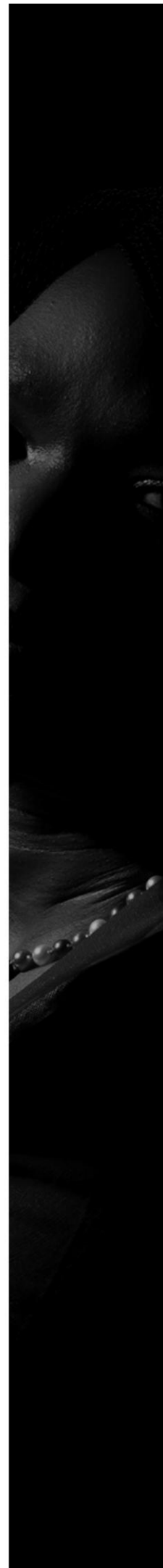
● His heart broke...He made an open show of solidarity with the woman in pain and sorrow.

Know that whatever makes you cry genuinely breaks the heart of the master. He feels your pain.

Our Jesus may sound big and far fetched, but He is in touch with our pain. He understands our loss..

What a relief to know that He is not judging us for our reaction and response to when we suffer a dilemma.

DONT CRY, HE SAID. The widow was not even crying to get Jesus's attention. She was just in a mournful mood. If she was like me, she probably just had an occasional groan and then a long silence, but still, The Master recognised her deep pains. He just needs to set eyes on you in your distress.



♥ WHAT JESUS DID ♥

● JESUS REASSURED THE WOMAN.

He never talks you down in your distress. He is not one to rub in the deep wounds of your life.

He wont tell you that you deserve all that you have coming...No!!!!

He wants you to be peaceful in the storm .

● Jesus intervened at His own pace. He didnt raise the child up before telling her to stop crying. The natural man would say, WHY WILL YOU TELL ME TO STOP CRYING, WHEN YOU CANT HELP ME?

I probably would have asked Jesus what he expected to do after losing a child! His ways are not our ways...He may decide to do the comforting before performing the miracle. THE ORDER WITH WHICH HEAVEN ATTENDS TO YOUR MATTER IS UP TO HEAVEN. Dont preempt God.

♥ WHAT JESUS DID ♥

● JESUS touched the coffin.

We have been taught that Jesus leaves us to suffer consequences of our disobedience.

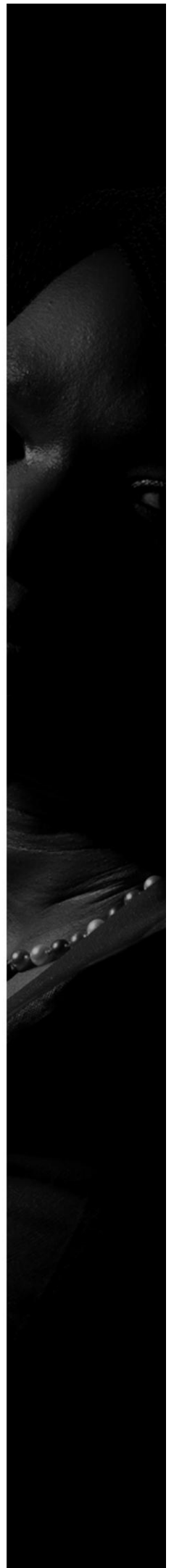
Jesus touched the coffin and they that bear the coffin stopped.

Women understand the power of a touch. It signifies concern, it signifies care. it is a symbol of solidarity. It speaks many words than what comes out of your mouth.

It was all that the woman needed to see, that the dead body of her son still got the Master's touch. No wonder they that carried the coffin stopped.

I AM AWARE THAT JESUS WORDS WERE FEW AND SPECIFIC during this time. YOU MAY NOT HEAR MUCH FROM HIM WHEN HE IS BUSY ATTENDING TO THE SITUATION..That does not make him incompetent.

When Jesus touches you
WHATEVER you carry receives life..



♥ HIS WAYS NOT OURS ♥

**THE ORDER IN
WHICH HEAVEN
ATTENDS TO YOUR
MATTER IS UP TO
HEAVEN. Dont
prompt God.**

**YOU MAY NOT
HEAR MUCH
FROM HIM WHEN
HE IS BUSY
ATTENDING TO
THE SITUATION**

♥ WHY SHE CRIED ♥

GENESIS 21:14-17 KJV

And Abraham rose up early in the morning, and took bread, and a bottle of water, and gave it unto Hagar, putting it on her shoulder, and the child, and sent her away: and she departed, and wandered in the wilderness of Beer-sheba. And the water was spent in the bottle, and she cast the child under one of the shrubs. And she went, and sat her down over against him a good way off, as it were a bowshot: for she said, Let me not see the death of the child. And she sat over against him, and lift up her voice, and wept. And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? fear not; for God hath heard the voice of the lad where he is.

Genesis 21:14-17 KJV

♥ WHY SHE CRIED ♥

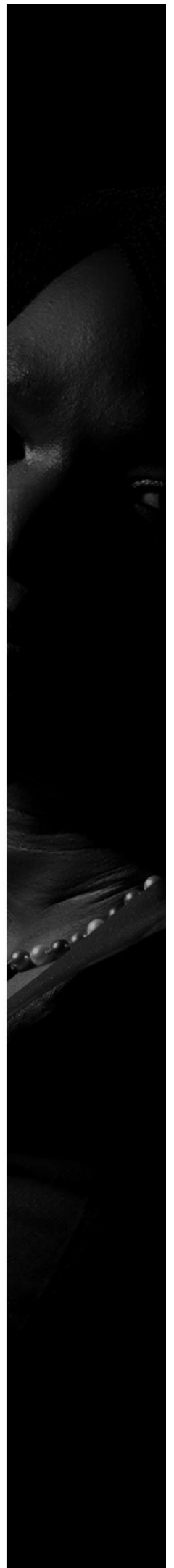
FACTS ABOUT HAGAR'S CRY

● SHE HAD BEEN TAKEN

ADVANTAGE OF. Hagar could not have objected to being used as a means to an end. Whatever was paid for her purchase has advised that she could be used for any purpose by her master and his wife.

She only did what her boss told her to do, obeying as a slave girl with no voice.

i remember a lady , sharing with me how she was treated like a slave, because her husband brought her into a foreign country to live. He requested her monthly income to be paid into his account. She was not allowed the opportunity to even send home to her aged parents. Ever so often , reference was made to how they brought her from the slum to civilisation. Meanwhile, this lady was a university graduate.

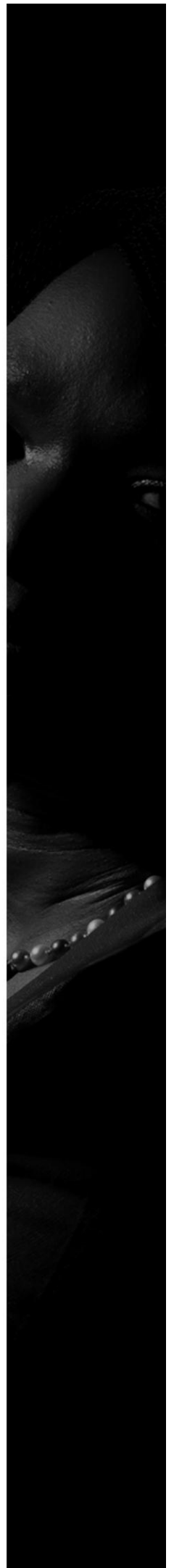


♥ WHY SHE CRIED ♥

● SHE HAD BEEN USED AND DUMPED. Sarah simply used her to prove a point and then dumped her. Who does that? Deflowered now, who will marry her. You instructed **your own** husband to have sexual relationship with a woman and then throw her out. If slavery authorised that, how on earth did they get God's approval in those days?

Hagar had every right to cry.
She had every right to be angry
She had every right to ask for God to fight for her.

Many women reading this book have found themselves there...IN THAT PLACE.....Where you feel used and dumped and suddenly of no relevance since your users have achieved their goals.

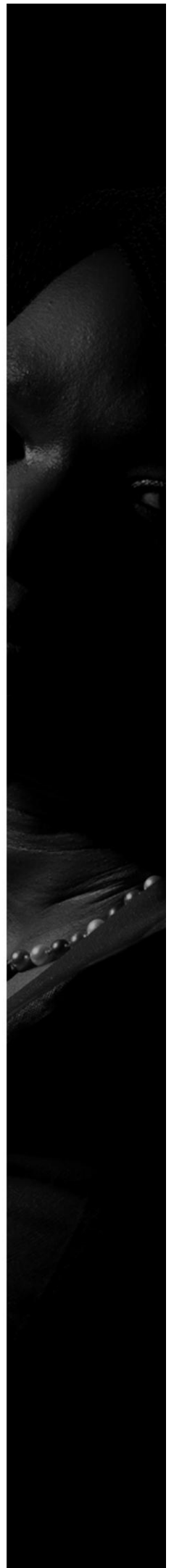


♥ WHY SHE CRIED ♥

● FORCEFULLY ISOLATED . Sent away!!! Where was she to go? She had served for many years. She had no home. No family. Now she was to wander!!! Why , Sarah, why?

The bible did not record that Hagar did anything in particular. In fact, her son was playing with Isaac just before Mrs. Abraham walked up to her husband to demand the exit of her and her son. All these, Sarah did without considering that she was the origin of the confusion.

● TO SUFFER FOR SOMEONE ELSE'S ERRORS. Now left to deal with the consequences of someone else's wrong judgement. Yet, no apologies given. How do you ever forgive such an act . If you are reading this, with a heavy heart, hopefully by now, you have seen that there is no situation that is unique to you



♥ HOW GOD JUDGED IT ♥

HOW GOD JUDGED THE MATTER

- God acknowledged Abraham's choice to listen to his wife and honour her request
- God acknowledged that Abraham would be upset about this. God's decision took this to account.
- God calmed Abraham down and gave him the way to manage the dilemma
- God listened to the tears of Hagar over her child
- God made provision for Ishmael
- God WAS WITH ISHMAEL as he grew up....how amazing...Robbed of the physical presence and supervision of a father, God stepped in and made sure he was okay. HE BECAME A SKILLFUL HUNTER.....This was supposed to be a learned skill...He self-taught to perfection.



♥ ARE YOU CRYING? ♥

CAN'T STOP CRYING?

- Check why you are crying, its not all cries that get God's attention. Make sure your tears are not in response to stupid comparisons. Num 11:4-6
- God is up to the task when people deliberately make you cry. Psalm 56:5-9
- Jesus said WEEP NOT because He had a solution to what was making you cry. The weep not was not corrective, it was comforting.
- Hagar cried but God said I HEARD THE CHILD....Use your tears. We never heard that Ishmael spoke ,but God said HE HEARD....When you cry, leave God to judge how He hears the cry.

♥ NO SHAME ♥



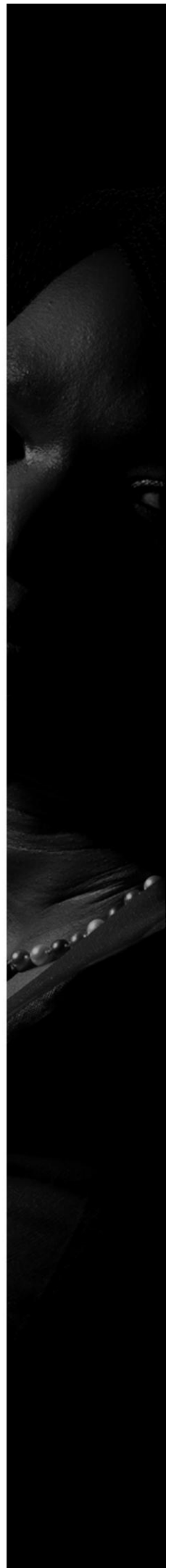
**THERE
IS
NO
SHAME
IN
YOUR
TEARS**

♥ MAKE IT WORTHWHILE ♥

● My husband has an annoying habit of just exclaiming. I once warned him that one day, when he exclaims, i will just ignore him.....and that may be the day he really needs me to help him....USE YOUR TEARS SENSIBLY. When you are used to crying all the time, it stops getting the effect you desired

● Weep before only those who can do something about your matter. DON'T WASTE YOUR TEARS. The mourners came to cry when the child of the centurion died. In spite of their tears, the child remained dead. Not wvery tear is useful .CRY ONLY BEFORE THOSE WHO CAN MAKE A CHANGE IN YOUR SITUATION

● DON'T BE ASHAMED OF YOUR TEARS. Even Jesus wept. To pretend that you are strong before they that will help you is like killing yourself. If you appear okay, we will leave you and move on to those who need help.



♥ MAKE IT WORTHWHILE ♥



**MAKE A
HABIT OF
CRYING
BEFORE
ONLY THE
PEOPLE
WHO CAN
HELP
YOU
DEAL
WITH THE
CAUSE
OF YOUR
TEARS**

♥ GOD HEARS OUR CRY ♥

PRAYERS

**IS THERE ANYONE
TROUBLED, LET
HIM PRAY!!!**

JAMES 5:13



♥ CRY, BUT PLEASE PRAY ♥

PRAYERS

● LORD, THAT WHICH GAVE ME HOPE HAS BEEN TAKEN AWAY TO BE BURIED FOREVER, PLEASE MAKE THEM THAT ARE SCHEDULED TO BURY MY HOPE STOP IN THEIR TRACKS

● LORD, MY HEART IS WEARY LOOK WITH COMPASSION ON ME, THESE ARE VERY DIFFICULT TIMES FOR ME.

● EVERYTHING THAT DEFINED ME HAVE BEEN TAKEN AWAY, LORD, THE TEARS ARE FLOWING FREELY. RESTORE JOY TO ME AND A HOPE FOR THE FUTURE.

4 ● EVEN ON THE WAY TO THE FUNERAL, YOU STILL SHOWED UP, LORD, I BELIEVE IN YOU THAT THERE IS HOPE FOR MY CASE. LORD, STEP IN AND RESTORE MY JOY

5 ● LORD, THERE IS TOO MUCH STORED IN MY FUTURE TO WASTE AWAY LIKE THAT... STEP IN AND RESCUE ME

♥ CRY BUT PLEASE PRAY ♥

PRAYERS

● JESUS PRESENTED HIM BACK TO HIS MOTHER....FATHER, I RECEIVE A SPIRITUAL AND PHYSICAL HANDOVER OF ALL THAT HAD BEEN FORCEFULLY TAKEN AWAY FROM ME

● FATHER, I RECEIVE A RETURN THAT IS TIMELY AND WITH IMMEDIATE REWARD..

WHEN PEOPLE ARE COMATOSE, AND THEY WAKE UP, THEY STILL REMAIN UNDER OBSERVATIONBUT WHEN GOD HEALS, ITS IMMEDIATE.

● FATHER, THAT WHICH HAS BEEN CAUSING TEARS FOR ME DAY AND NIGHT, I RECEIVE IMMEDIATE RESOLUTION. I DONT NEED RECOVERY PERIOD...SWING ME BACK INTO FULL CAPACITY

♥ CRY BUT PLEASE PRAY ♥

PRAYERS

● FATHER, EVERY VISIBLY DEAD SITUATION THAT HAS BROUGHT ME PAIN AND DISTRESS, LET THEM MEET WITH YOUR TOUCH TODAY. Your touch brought the bearers of the coffin to a stand still. I welcome your touch lord.

● LORD, USE MY STORY TO HERALD THE PROVISION THAT GOD HAS MADE IN CHRIST. Through my testimony, many shall be drawn to you.

● LORD, YOU HAVE WIPED AWAY THE TEARS OF MANY, PLEASE STEP INTO MY CASE AND WIPE MY TEARS. ISAIAH 30:19

12 ● LORD, I may have cried for silly reasons before now, PLEASE CAUSE MY CRY TODAY TO GET YOUR ATTENTION.

♥ CRY BUT PLEASE PRAY ♥

PRAYERS

● MY WEEPING HAS ENDURED SO FAR...I DECREE THAT MY SEASON OF JOY IS HERE.

● EVERY HOPELESS SITUATION IN MY LIFE, RECEIVE THE TOUCH OF GOD

● WHOMEVER HAS CONTRIBUTED IN ANY WAY TOWARDS MY CURRENT PAIN AND SORROW, LORD, I RELEASE THEM AND FORGIVE THEM IN JESUS NAME

● FATHER, PLEASE HELP ME TO RECOGNISE THE ROLES I PLAYED IN AGREEING WITH THE ENEMY TO CAUSE ME SORROW. OPEN MY EYES TO MAKE AMENDS AND CORRECT MY WRONG, SO THAT MY HEALING CAN BE COMPLETE

♥ CRY BUT PLEASE PRAY ♥

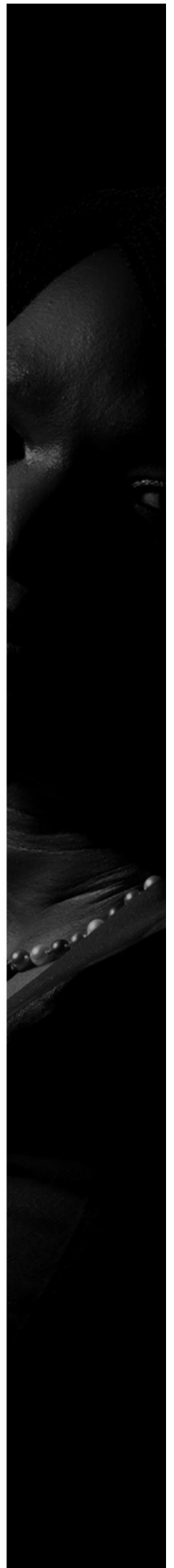
MOVING FORWARD

● Remove yourself from the isolation that the enemy has subjected you to and embrace the company of many women who have chosen to SEE THEMSELVES THROUGH GOD'S EYES.

● YES, You have forgiven those who have caused you pain and sorrow, now learn to manage the territories of your heart and mind and guard against future abuse.

● Manage your expectation of fellow humans. They have the tendency to disappoint. This way, you will hurt less.

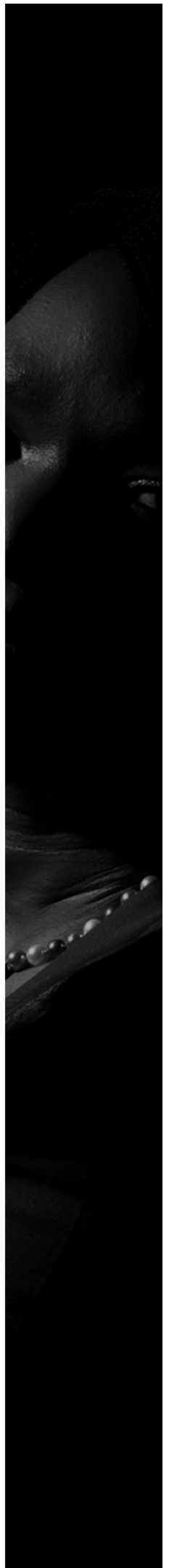
● Deliberately work your way out of pain



♥ GET READY TO HEAL ♥

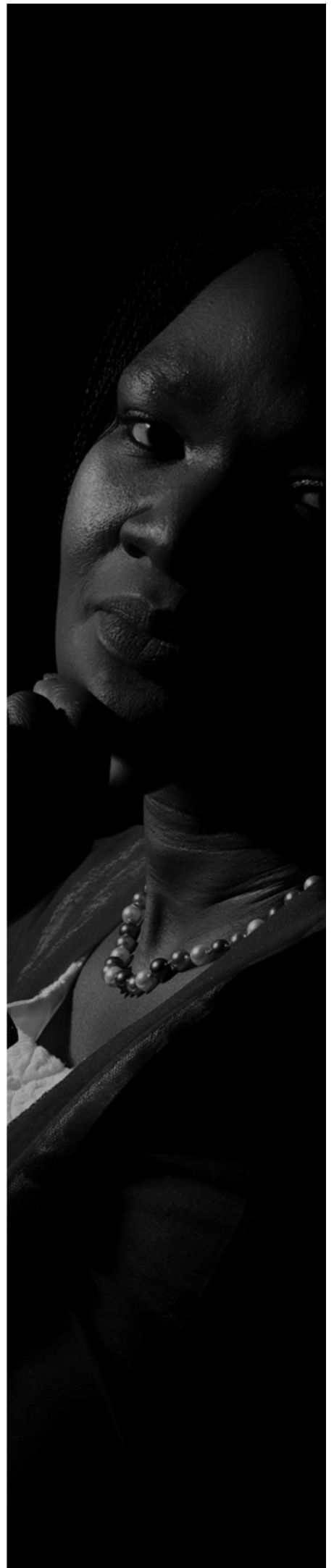
NOW THAT YOU HAVE PRAYED

- Believe that God has heard
- Wipe your tears
- Sing a song of praise
- Go your way, expecting a performance of what you have requested from God
- Don't forget to reach out to another woman in tears.



♥ LIVE FREE ♥

GOD PUT THE
TEAR DUCTS
THERE FOR A
REASON
LET IT GO...
IF YOU DONT CRY
WHEN YOU
SHOULD,
CHECK YOURSELF,
THERE MAY BE
SOMETHING
WRONG WITH
YOU.
DONT FEEL WEAK
ABOUT YOUR
TEARS, BUT DON'T
LET THE DEVIL
FIND YOU CRYING
IN SELF PITY.



♥ CRY NO MORE ♥

ABOUT THE AUTHOR

Dr. Omobola Jeffreys is the host of THYPRECIOUSJEWELS; an international Christian Women Ministry, dedicated to improving the total wellbeing of today's woman.

She counsels and leads women all over the world to prayerfully harness the great potential God has imputed in them.

She believes in the totality and supremacy of the word of God, therefore she puts this word at the forefront of every of her activity.

She is a medical doctor, married with children and she believes in the importance of family and family life.

She travels the world, hosting prayer prayer conferences.

Her passion includes music, reading – the word, and she enjoys the good things of life as most other women do.

 THYPRECIOUSJEWELS@GMAIL.COM

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